

May
2017



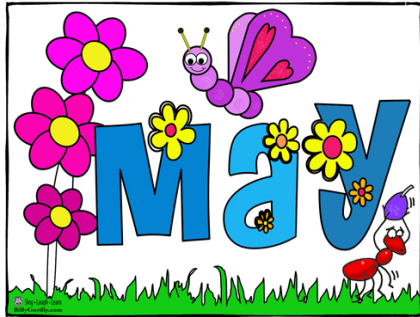
HANOVER AREA ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Daily Entree Options may include:
PB&J Sandwich



Adult Lunch \$3.70

General Manager: Maria DeLuca

Phone Number: 570.825.5588

Email: ma1108@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Nuggets w/ bread or Hot Dog on a bun Featured Veggies: Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>2 Pierogi meal or Chicken Patty on a bun Featured Veggies: Golden Corn Garden Salad Choice of Fruit Choice of Milk</p>	<p>3 General Tso's Chicken over rice or Hamburger on a bun Featured Veggies: Steamed Broccoli Tomato Wedges Choice of Fruit Choice of Milk</p>	<p>4 Cheese Pizza or Sloppy Joe on a bun Featured Veggies: Steamed Peas Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>5 NO SCHOOL</p>
<p>8 Macaroni & Cheese or BBQ Rib on a bun Featured Veggies: Yellow Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>9 Hard Shell Tacos or Hamburger on a bun Featured Veggies: Steamed Broccoli Side Salad Choice of Fruit Choice of Milk</p>	<p>10 Meatball Sub or Hot Ham & Cheese on a pretzel roll Featured Veggies: Corn Celery Sticks Choice of Fruit Choice of Milk</p>	<p>11 Popcorn Chicken w/bread or Turkey Taco on a soft tortilla Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>12 Cheese Pizza or Cheese Steak Sub Featured Veggies: Glazed Carrots Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p>15 Pasta with Meat Sauce served w/ bread or Chicken Patty on a bun Featured Veggies: Mixed Vegetables Baby Carrots Choice of Fruit Choice of Milk</p>	<p>16 Walking Taco or Turkey & Cheese Sandwich Featured Veggies: Steamed Peas Tomato Wedges Choice of Fruit Choice of Milk</p>	<p>17 Buffalo Chicken Dip served w/tortilla chips or Cheeseburger on a bun Featured Veggies: Steamed Carrots Cole Slaw Choice of Fruit Choice of Milk</p>	<p>18 Blueberry Pancakes and Sausage or Hot Dog on a bun Featured Veggies: Green Beans Sliced Cucumbers Choice of Fruit Choice of Milk</p>	<p>19 Cheese Pizza or Sloppy Joe on a bun Featured Veggies: Corn Side Salad Choice of Fruit Choice of Milk</p>
<p>22 Chicken Nuggets served with bread or Hot Dog on a bun Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>23 Meatball Sub or Mini Corn Dog Nuggets Featured Veggies: Green Beans Side Salad Choice of Fruit Choice of Milk</p>	<p>24 Taco Bowl (beef over rice w/ vegetables) or Ham, Egg & Cheese on a Bagel Featured Veggies: Corn Fresh broccoli Choice of Fruit Choice of Milk</p>	<p>25 Toasted Cheese or Chicken & Cheese Quesadilla Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>26 Cheese Pizza Featured Veggies: Steamed Peas Tomato Wedges Choice of Fruit Choice of Milk</p>
<p>29 NO SCHOOL</p>	<p>30 Nacho Grande Tortilla Chips or Chicken Patty on a bun Featured Veggies: Baked Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>31 Chicken Mashed Potato Bowl or Turkey & Cheese on a pretzel roll Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk</p>	<p>1 Chicken Fajita on a soft tortilla or Hamburger on a bun Featured Veggies: Yellow Beans Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>2 Italian Dunkers with dipping sauce or Sloppy Joe on a bun Featured Veggies: Ranchero Carrots Side Salad Choice of Fruit Choice of Milk</p>

